



The pilot, the polar bears & the amazing ice-floe rescue

The whole (almost unbelievable) story in **metroNEWS**

Winnipeg metro

SURVEY
millennial
women
having
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Your essential daily news | TUESDAY, JULY 28, 2015

High 25°C/Low 16°C Thunderstorms  



Temperatures that reached 40 C with the humidity sent Brooke Herron, 19, to 7-Eleven for Slurpees on Monday.

SHANE GIBSON/METRO

DOUBLE-SLURPEE HEAT

But do chilled drinks really cool you off? Facts and myths in **metroNEWS**.

Cyclists to see spots

DOWNTOWN

BIZ offering its biggest expansion of bike parking

More than 300 prime parking spaces could be added to downtown streets by the end of the year, but you need to be riding two wheels to use them.

The Downtown BIZ has installed 75 new bike racks downtown and in the Exchange District over the past few months, and could add another 95 racks if funding is approved by the city. Most are loop-style designs that allow two bikes to be securely attached at a time.

It's the biggest expansion of bike parking the BIZ has ever undertaken, and according to spokesperson Jason Svixay, it's in response to demand from area business and property owners.

"Businesses really see the

benefits of having a bike rack, for reducing traffic congestion and attracting more customers," he said.

Svixay said the BIZ designs, purchases and installs the racks on behalf of its members.

The boom in bike parking has also meant big business for The Rackworks, a local manufacturer of loops, racks and custom storage solutions.

"This year has been our busiest," said Rackworks' Currie Gillespie. "I think we've reached a tipping point with respect to the number of cyclists on the road, and businesses are really recognizing that."

In addition to the new racks, Gillespie said his team has also installed 52 new bike loops along the Corydon strip, and 39 custom-designed racks on Portage Avenue in St. James.

He said Rackworks has also helped develop "a couple of hundred" new bike parking spots on private property this year.

COLIN FAST/FOR METRO

PTSD-

some wounds are invisible



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Candace Derksen's mom wants safe space for victims

CRIME

Money sought to get Candace House project off the ground

Dave Baxter
Metro | Winnipeg

The mother of a murdered teen says it's time Winnipeg had a safe space for victims of crime as they go through the emotional turmoil of a trial.

"During a trial, people are held hostage to the courthouse until the verdict comes down," said Wilma Derksen, whose daughter Candace went missing and was found murdered in Winnipeg more than 30 years ago.

Victims of crime and their families can spend hours or days in the courthouse in Winnipeg, making a difficult situation that much more stressful, she said.

"So it just makes sense to create a place for people to stay, and feel safe and comfortable."

Derksen is now working to create Candace House, a place within 20 minutes of the Manitoba Law Court building that would offer things like a cozy living space, a small kitchen with access to food, a children's play area, a mourning room, and an exercise room.



Wilma Derksen, right, seen in her home with Candace House executive director Cecilly Hildebrand, smiles while looking at an old picture of her daughter Candace. DAVE BAXTER/METRO

The idea is to reduce anxiety and find a private, homey place, Derksen said.

"It's huge emotional wear and tear on a victim to not know who they will run into when they enter that place. And if it's not the offender, it could be their family or their

lawyer, so it's a constant feeling of vulnerability."

Derksen also hopes the house will offer counselling and resources for victims of crime, and collaborate with other organizations offering similar services.

Winnipegger Cecilly Hilde-

brand is now working as the executive director of Candace House, and a capital project will soon be started to raise money to buy a house.

The first fundraising event, a Family Fun Day BBQ, was held on Sunday, and Derksen said the fun nature of the

event is something that represents the person that Candace was.

"We wanted it to be a fun day because that's who Candace was. She was fun."

For more information on the Candace House project, visit candacehouse.net.

MILITARY

Reservist died while training

The Canadian army says a reserve soldier who died at a base in Manitoba collapsed while learning how to build a trench.

Pte. Kirby Tott, 25, died during a training course Saturday afternoon at Canadian Forces Base Shilo.

Maj. Giselle Holland, a public affairs officer, says Tott was learning how to install revetting to reinforce the walls of a trench when he suddenly collapsed.

Another military official says there were no vehicles or weapons involved.

The official says the military cannot comment on any possible cause of death until an autopsy is completed.

Tott was from Prince George, B.C., where he worked as a correctional officer.

"This is a sad day and our thoughts and prayers are with the family and friends of Pte. Kirby Tott," Holland said Monday in an email.

"3rd Canadian Division along with his regimental family are providing care and support to the family during this difficult time."

THE CANADIAN PRESS



Pte. Kirby Tott FACEBOOK

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GOING TO THE BOMBER GAME?

Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when heading to the game. After the game, all regular service and extra regular service buses on routes 75, 78 (via Cambridge Street and via Kenaston Boulevard) and 160 will be lined up on Chancellor Matheson Road heading west towards Pembina Highway. The post-game service is free, courtesy of the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information.

Don't forget, there are eight Park & Rides locations throughout the city, offering convenient, non-stop service to and from Investors Group Field. NOTE: Route 3, St. Vital Park & Ride is now located at Centre Scolair Leo-Remillard, 1095 St. Anne's Rd. Visit bluebombers.com for more Park & Ride information.

MILLENNIUM LIBRARY SERVICE CENTRE

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue and Donald Street) is open Monday to Friday, from 8:30 a.m. to 4:30 p.m.

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Facts, myths about beating the heat

HEALTH

Are these ideas about hot weather true or false?



Luke Simcoe
Metro | Toronto

As Winnipeg collectively reaches for a cool glass of water after the past few days of intense summer temps, Metro has you covered with some facts — and falsehoods — about beating the heat.

1. Heat alerts only apply to young children and the elderly.

False. Public health expert Dr. Christine Navarro says hot temperatures and humidity can affect anyone, regardless of age or health.

While seniors and children are more vulnerable to heat stress,

so too is anyone who works outside or has a chronic respiratory condition like asthma, she said.

2. Colder is always better.

False. While your first reaction to the heat wave may be to crank your air conditioner to the coldest setting, Navarro says it's not really necessary. "You just need to lower the temperature a little bit," she said, noting anywhere between 23 C and 27 C is acceptable indoors.

There's also no consensus on whether cold water is more effective at cooling you down than tepid — or even hot — drinks.

A number of studies have shown cold drinks lower your core temperature more than hot ones, but research out of the University of Ottawa has found warmer drinks cause you to sweat, which can also cool you down.

3. You can be dehydrated without feeling thirsty.

True. Thirst is actually a poor

indicator of how hydrated you are.

"By the time you're thirsty, you've already lost some fluids," Navarro said. Rather than trust your thirst, it's better to be proactive and drink water consistently throughout the day.

4. Eating spicy food cools you down.

True. Chowing down on some spicy food makes your body sweat, which helps you cool down. However, this only works if your sweat is able to evaporate quickly, so things like humidity, a lack of air circulation or too many clothing layers will detract from any relief.

5. Sports drinks can help you beat the heat.

False. Sports drinks can help you recover electrolytes after a workout, but when it comes to re-hydrating, water is still your best bet.

In fact, some branded sports drinks contain excess sugar or

caffeine, which can make you more thirsty.

"Water does pretty much everything you need it to," said Environment Canada's Geoff Coulson.

6. Heat is relative.

True, sort of.

A report from the American Academy of Family Physicians found people who spend more time in warmer temperatures acclimatize.

In fact, the report concludes that heat waves in northern U.S. cities result in more casualties because people simply aren't accustomed to the temperatures.

7. Cleanliness is next to coolness.

True. Taking a dip in the lake, or just in your bathtub, is a great way to stay cool.

According to Navarro, research shows that people who take more frequent showers are less likely to suffer adverse heat effects in the summer.



CRASH PERSON IN HOSPITAL AFTER THREE-CAR COLLISION Winnipeg police say a person was taken to hospital in unstable condition after a three car crash at the corner of Notre Dame Avenue and Isabel Street around 9 a.m. Monday. The person has since been upgraded to stable. SHANE GIBSON/METRO

HEALTH

54 new drugs covered by pharmacare

Drugs to treat hepatitis C, epilepsy and diabetes are among 54 medications newly covered under Manitoba's pharmacare program.

Pharmacare is a universal prescription drug benefit plan that covers the costs of eligible drugs up to 100 per cent, depending on family income.

Two dozen of the 54 drugs

added recently are generic medications. Coverage for the new drugs came into effect on July 22.

Health Minister Sharon Blady said in an email statement that the Manitoba government has added about 4,500 drugs to pharmacare in the last 16 years.

"As we approach World Hepatitis Day on July 28, our government is proud to now further

extend the coverage for treatment of Hepatitis C by adding Holkira Pak to the formulary," said Minister Blady.

"We have entered a new era in the fight against hepatitis C," said Kirk Leavesley, chairperson, Manitoba Hepatitis C Support Community Inc.

"Well-tolerated treatments are now available with more than

a 95 per cent success rate. We now have the means to make a huge impact in the elimination of hepatitis C worldwide and the suffering of those affected."

Other drugs now on the formulary are used to treat chronic obstructive pulmonary disease, heart failure, HIV and as contraception.

THE CANADIAN PRESS

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When horses help heal vets

MENTAL HEALTH

Studies funded by feds to assess effectiveness of equine therapy



Shane Gibson
Metro | Winnipeg

The federal government is funding a pair of studies looking into the effectiveness of horses as therapy animals for veterans with stress-related mental injuries, and a local therapist who has used the therapy to help kids says it's bound to help vets too.

Linda Cantelon, a private-practice therapist working in Winnipeg, used the technique — known as equine-assisted therapy — to help at-risk youth through the Aurora Family Therapy Centre's Horses Helping People program, which ran a few years back.

"Horses are sentient beings; they're very watchful and they absorb what's go-



The federal government is funding two studies looking at the benefits of using horses as therapy animals for vets. GETTY IMAGES

ing on around them," she said Monday. "So if you're a veteran, for example, with PTSD symptoms, you're going to get a horse that'll start to get agitated and nervous around you, but if you can work with that person and help them settle and relax,

Studies like these help us understand the treatment.

Erin O'Toole, Veterans Affairs minister

the horse quickly picks that up and gives that person that immediate feedback.

"The horse is picking (up) their energy, and people learn themselves to keep that energy going."

The program ran in Winnipeg for four years, and

Cantelon said it was very effective.

Veterans Affairs says The Canadian Institute of Military and Veteran Health Research will receive \$250,000 to conduct a horse study, while Can Praxis will receive \$25,000 to continue its equine research.

Can Praxis is a not-for-profit organization that uses equine-assisted learning to support veterans with mental-health conditions.

The health research institute is a hub for researchers from Canadian universities working on veterans' health needs.

A preliminary study on therapy horses was announced two years ago.

Veterans Affairs Minister Erin O'Toole says the government is committed to studying treatment options for vets.

"Research studies like these help us understand the treatment better to determine when and where equine therapy could be used as part of a treatment regime for a veteran," O'Toole said in a statement.

WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Judas Priest sets tour date

If you don't think Judas Priest is coming to Winnipeg, you've got another thing comin'. The British heavy-metal band will hit the MTS Centre stage on Nov. 1 at 8 p.m. Tickets are \$29.50, \$49.50, and \$69.50 plus service charges. They go on sale through Ticketmaster starting Aug. 7. METRO

Slipknot to turn up the volume at the MTS Centre

The Grammy Award-winning heavy-metal band Slipknot will play at the MTS Centre on Oct. 14, along with special guests Suicidal Tendencies and Beartooth.

Tickets are \$29.50, \$49 and \$75, plus service fees. They go on sale through Ticketmaster starting July 30. METRO



Slipknot guitarist Mick Thomson. GETTY IMAGES



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MANCHESTER

Have tent, will tutor, Canadian student says

A Canadian student's unorthodox pitch to save money on his university education is helping a British woman to obtain her high school credentials.

Evan Eames's master's studies at the University of Manchester were set to cost the Montreal resident more than \$30,000 in tuition fees alone, sending him on the hunt for frugal accommodations.

The avid camper thought pitching a tent in someone's backyard would solve his problem, and so he took to the Internet in search of a landlord.

He found one in Charley Mantack, a Manchester resident who offered to let him pitch his tent on her property in exchange for tutoring in math and science.

Eames spent about three hours a week helping her with her high school equivalency course work. Final exam results are due next month, but Mantack was posting A's in her classes and expects to graduate.

Eames said the inconvenience of living in sporadically damp or cold conditions was balanced by the fresh air and

fun of doing something a little out of the ordinary.

"It started out as mainly an economic function, but very quickly it turned into something that I was genuinely enjoying," the 25-year-old said in a telephone interview.

A long-term camp-out was not part of Eames's initial plan when he decided to complete his master's degree outside of Canada.

The British citizenship he enjoys courtesy of his father, he thought, would be sufficient to secure tuition rates more in line with what he would have paid if he remained in Canada.

But after discovering that international rates applied to anyone who had not lived in the country for at least three years, Eames was forced to get creative.

The time he'd previously spent globetrotting on a student budget had made him comfortable with life in a nylon shelter.

Mantack said she plans to go on to university, where she hopes to follow her tutor's lead by studying science.

THE CANADIAN PRESS



Evan Eames in a selfie. THE CANADIAN PRESS HANDOUT

Helicopter pilot is rescued from ice floe

ARCTIC

Russian aviator picked up 32 hours after chopper crash

A Russian helicopter pilot survived a crash of his small helicopter into frigid Arctic waters by scrambling into a life raft and then spending over 30 hours awaiting rescue on an ice floe, military officials said Monday.

Sergey Ananov was on a solo, around-the-world journey in his single-engine aircraft and was about halfway between Iqaluit and Greenland when his Robinson R22 helicopter ditched in the Davis Strait on Saturday afternoon.

Rear Admiral John Newton says the search and rescue co-ordination centre was notified after an on-board beacon indicated Ananov's single-seat aircraft had descended to sea level and stopped moving.

The admiral said the 49-year-old sociologist and journalist had his life raft close at hand and his survival suit was on as it hit the water.

"It's wet, it's cold, he has some polar bear neighbours who are very interested in his whereabouts. He has quite a survival story."

Newton said Ananov fired off flares but they couldn't be seen in the cloudy, misty



Pilot Sergey Ananov, 49, spent more than 30 hours on an ice floe in frigid Arctic waters awaiting rescue. FACEBOOK/SERGEY ANANOV/THE CANADIAN PRESS



He has quite a survival story.

Rear Admiral John Newton

conditions by rescue aircraft and helicopters that had been dispatched to the scene.

However, early on Monday morning a watchkeeper with the coast guard vessel Pierre Radisson, which had set out from Frobisher Bay to find the lost aviator, spotted one of the flares fired from the floe.

The vessel sent its helicopter to retrieve Ananov, who by then had been on the ice approximately 32 hours.

"We never gave up on him. There's a combined story of

his tale of woe and the determined search by search and rescue ... the coast guard should be proud of what they achieved today," said Newton.

Capt. Wayne Jarvis, who was working at the search and rescue centre at the time of the rescue, said it's believed the cause of the crash was a mechanical problem.

THE CANADIAN PRESS

EVE ADAMS

Defeat a 'favour' for Trudeau

Liberals who helped defeat Eve Adams in her bid to run as the party's candidate in a Toronto riding said Monday they've done Justin Trudeau "a big favour."

But both the Conservatives and one Toronto political science professor say the Liberal leader will still face criticism during the upcoming federal election campaign for taking the Tory defector under his wing in the first place.

Adams had been seeking the Liberal nomination in Eglington-Lawrence, where she would have faced off against her former fellow Conservative caucus mate, Finance Minister Joe Oliver.

But Adams, who was welcomed into the Liberal fold by Trudeau in February after she had a falling out with the

Tories, was handily defeated by Marco Mendicino in a weekend nomination vote.

"I think we did Trudeau a big favour by bringing in and having a candidate here who really is a genuine Liberal," said Mike Colle, a Liberal who represents the riding in the Ontario legislature.

Adams would win the federal nomination "over my dead body," Colle predicted in a Facebook post in February.

"I'm happy to be alive and standing," he joked Monday.

But Trudeau will likely continue to be shadowed by the Adams defection throughout the campaign in advance of the Oct. 19 federal election, said University of Toronto political science professor Peter Loewen.

"I think it was a mistake for (Trudeau) ever to invite her in,"



Eve Adams THE CANADIAN PRESS

Loewen said. "He should have asked his caucus and given the caucus a chance to pass judgment on her membership."

"It was a strategic mistake, it was a political mistake on values. It was just a bad mistake all around."

THE CANADIAN PRESS

IN BRIEF

CP Rail seeks to appeal Lac-Mégantic settlement

Canadian Pacific Railway is officially asking for permission to appeal the approval of the \$430-million settlement fund for victims and creditors of the Lac-Mégantic train derailment.

The company states in court documents obtained by The Canadian Press Monday that the fund is unfair and that the Superior Court justice who gave it the green light had no jurisdiction to do so.

Justice Gaetan Dumas approved the fund, which was created when about 25 companies accused in the July 6, 2013, rail derailment that killed 47 people offered to compensate victims. THE CANADIAN PRESS

OLYMPIAD

'Mathlete' scores 100 in competition

The name Alex Song is spoken in reverential tones in Canadian mathematical circles.

The 18-year-old won the International Mathematical Olympiad in Thailand in mid-July, achieving a rare perfect score in the two-day competition against more than 600 high school competitors from 104 countries.

Song has had an incredible run over the past six years, finishing with five gold medals and one bronze against the best in the world.

The Olympiad is a big deal in math. Previous participants have gone on to win prestigious international awards such as the Fields Medal, considered by many as the highest honour in mathematics.

For Song, the Olympiad win wasn't that big of a deal.

"I was definitely very happy at the same time," he says. "But, I mean, it was just whatever happened."

"I felt like I was very lucky to solve all the problems, but at the same time I'm not sure if any of the problems gave me trouble," he said from his parents' home in San Jose, Calif. He grew up in Waterloo, Ont., until moving to New Hampshire to start high school in 2011.

The champ will start his collegiate career at Princeton University next month. He said he hopes to focus on pure mathematics and "needs to get prepared for mathematical research."

THE CANADIAN PRESS

Colombia begins quest to unearth missing youths

LA ESCOMBRERA

300 people believed to be entombed in urban landfill

The last contact Margarita Restrepo had with her daughter was a hurried phone call on Oct. 25, 2002. The school day was over and 17-year-old Carol Vanesa was going to meet friends at a metro stop near the sprawling Comuna 13 hillside slum.

Restrepo and her children had fled the violent Medellín neighbourhood a few days earlier, right before it was taken over by thousands of Colombian soldiers trying to ferret out leftist rebels. She begged the girl not to risk returning there, but the teen went anyway. Neither she nor her two friends have been seen again and, to this day, nobody knows who is responsible for their disappearance.

Thirteen years later, Restrepo and dozens of others who have missing loved ones are closer than ever to closure thanks to a project to remove 24,000 cubic metres of rubble from La Escombrera, a debris landfill on Medellín's outskirts where the remains of as many as 300 people are believed to have been dumped during one of the darkest chapters of Colombia's long-running civil



Wooden silhouettes representing missing people dot the landscape during a ceremony to remember the missing and to kick off a search effort in the landfill La Escombrera, on the outskirts of Medellín, Colombia, on Monday. LUIS BENAVIDES/THE ASSOCIATED PRESS

conflict.

At a ceremony Monday to remember the missing and kick off the search effort, officials joined more than 100 women who dressed in white and carried black, plastic silhouettes to represent their loved ones. After years of silence on the part of the government and much of society, supporters of the families welcomed the



This is the site of one of the most atrocious episodes that weigh down our history and is a stain on our national identity.

Roman Catholic priest and activist Javier Giraldo

start of the work.

"This is the site of one of the most atrocious episodes that

weigh down our history and is a stain on our national identity before the entire world,"

Javier Giraldo, a Roman Catholic priest and human rights activist, said following a Mass to honour the victims.

Human rights activists say La Escombrera could prove to be the largest mass grave ever found in Colombia and the dig represents a glimmer of hope that justice will be realized. But the search will be complicated. Despite more than a decade-long clamour by victims' families that the landfill be closed and excavated, giant trucks have continued to dump construction waste daily.

"If that light doesn't shine for me, I hope it does for one of my companions," Restrepo said while holding up a placard with her daughter's photo and disappearance date, the eye-catching symbol used by the group Mothers Walking for the Truth to draw attention to their fight.

With the five-decade conflict winding down, officials have been fanning out across the country to exhume hundreds of bodies, attempt to identify them through DNA testing and return the remains to family members.

Forensic experts have cordoned off and will focus their search in three sections of the landfill where bodies are believed to have been dumped. A makeshift camp is being built for loved ones who want to stay abreast of the investigators' progress.

THE ASSOCIATED PRESS

BOBBI KRISTINA BROWN

Time an issue in solving death

Medical examiners performing an autopsy on Bobbi Kristina Brown said Monday their initial findings turned up no obvious cause of death, while experts said the months that have passed since Brown was found face-down in a bathtub are working against authorities now tasked with solving how she died.

The Fulton County Medical Examiner's Office said in a statement Monday afternoon that it will likely be several weeks before it can rule on a manner and cause of death for the 22-year-old daughter of Whitney Houston.

The agency said its initial autopsy turned up "no significant injuries" or "previously unknown medical conditions." It said the next step is ordering lab tests and issuing subpoenas for documents — most likely Brown's hospital records.

THE ASSOCIATED PRESS



Bobbi Kristina Brown FILE

SENTENCING HEARING

Doctor: Mental illness caused Colorado theatre shooting

Defence lawyers trying to spare the life of Colorado theatre shooter James Holmes turned Monday to a court-appointed psychiatrist who previously testified for prosecutors that Holmes was legally sane during the 2012 attack but his mental illness led him to open fire.

Dr. Jeffrey Metzner's finding has not changed: He concluded that Holmes knew right from wrong when he killed 12 people and injured 70 others, therefore meeting the legal definition of sanity under Colorado law. But Metzner also says the attack would not have happened if not for Holmes' mental illness. The defence hopes that will persuade jurors to sentence Holmes to life in prison without parole instead of to death.

"Having psychosis doesn't take away your capacity to make choices. It may increase your capacity to make bad choices," Metzner testified Monday. "He acted on his delusions, and that's a reflection of the severity of his mental illness."

Metzner, who diagnosed Holmes with schizoaffective disorder, said he did not think Holmes went on his rampage to get notoriety or because of his long-standing hatred of humanity, which he described in a spiral notebook. Instead, Metzner said, Holmes' actions were "directly related" to delusions that killing people would increase his self-worth.

"I can come up with no other explanation for what he did," Metzner said.

Holmes knew what he was doing was illegal and that others would think it was wrong, Metzner reiterated in response to questions from District Attorney George Brauchler.

But whether Holmes knew right from wrong matters less now that jurors rejected his insanity plea and convicted him of 165 counts of murder, attempted murder and other crimes stemming from the July 20, 2012 shooting.

Jurors decided unanimously last week that the attack was cruel enough to justify the death penalty, but they must now determine whether Holmes' mental illness and other factors outweigh the gravity of his crimes.

THE ASSOCIATED PRESS

IN BRIEF

Survey: Millennial females enjoy orgasmic success

Young women are reaching orgasm at a rate that's getting competitive with that of their male counterparts, according to a U.S. survey conducted by condom manufacturing company Ansell.

It could be because this generation of men and women aren't shy about using vibrators and lubricants with one fourth admitting to having tried the former and 43 per cent reporting using the latter routinely.

They're also losing their virginity at a younger age, with 83 per cent of 18 to 24-year-olds reporting having had sex before their 18th birthday. AFP

INDIA

10 people killed in extended gun battle

Indian forces fought an extended gun battle Monday with militants who attacked a moving bus and stormed into a police station in a northern town bordering Pakistan, with 10 people killed in the violence, officials said.

The attackers killed four policemen and three civilians in the pre-dawn attack in Punjab state, said Harcharan Singh Bains, a state government spokesman.

All three of the attackers died in fighting with Indian police officers backed by army personnel that lasted about 12 hours, said the state's director-general of police, Sumedh Singh Saini.

The militants hijacked a car and then fired at the bus and a roadside eatery before attacking

a police station near Gurdaspur, a border town in Punjab, police said.

Eight injured people were hospitalized, seven of them in serious condition, the Press Trust of India news agency reported.

Police are investigating whether the militants came from the Indian portion of Kashmir, which borders Punjab, or from Pakistan. Rebels routinely stage attacks in Indian-held Kashmir, where they've been fighting since 1989 for an independent Kashmir or its merger with Pakistan.

Pakistan's foreign ministry condemned the attack. "Pakistan reiterates its condemnation of terrorism in all its forms and manifestations," it said in a statement. THE ASSOCIATED PRESS

Turkey returns to turmoil

MIDDLE EAST

Period of peace ends with violent attacks

Turkey's unexpected move to launch raids against Kurdish rebels at the same time it is cracking down on the Islamic State group risks ending a period of relative calm that has been a boon for Turkey's democracy and economy.

The peace process launched in 2012 with the Kurdistan Workers' Party, or PKK, has been one of the signature achievements of President Recep Tayyip Erdogan, ending decades of violence that has left thousands dead. But that came to a sudden end in recent days as the Kurdish rebel group claimed responsibility for the killing of two Turkish policemen, and Turkish jets slammed a Kurdish stronghold in northern Iraq.

Turkish officials have portrayed the airstrikes in Iraq against the Kurds, and in Syria against ISIL, as a decisive move to protect Turkish



Pro-Kurdish Peoples' Democracy Party leader Selahattin Demirtas speaks about Turkey's airstrikes against Kurdish rebel bases in Iraq, in Ankara, Turkey, Monday. THE ASSOCIATED PRESS

democracy against terrorism and to change an unfavourable dynamic in its backyard. They say that the move against the PKK was a necessary response to recent acts of violence. Prime Minister Ahmet Davutoglu also accused the Kurdish rebel group, which Turkey and the U.S. consider a terrorist group, of not keeping a pledge to withdraw armed

“The fact that Turkey is now clamping down on ISIL ... raises great uncertainty.”

Bulent Aliriza,
Center for Strategic and International Studies

fighters from Turkish territory and to disarm.

But hitting the PKK's mountainous stronghold in Qandil, Iraq, in two bombing runs was an escalation that could make it hard to put the peace process back together again. Already, the PKK has declared the end of a ceasefire.

The developments follow major political gains for Turk-

ish Kurds, whose main political party, the HDP, for the first time cleared a 10 per cent threshold for entering parliament in June elections. The election of 80 Kurdish members of parliament from HDP upended Turkish politics by ending the ruling majority of Erdogan's Justice and Development Party, or AKP.

“At the moment, the acting prime minister is, step by step, taking Turkey toward a war,” HDP co-chair Selahattin Demirtas said of Davutoglu, adding that the bombings across Turkey's border “are all part of the government plan to save themselves.”

Turkey could now face a return to a guerrilla war with the PKK that only months ago looked likely to end for good in a peace agreement.

The past week of worrying news in Turkey has included a suicide bombing, an ISIL ambush of Turkish soldiers along the border, PKK reprisals and the arrest of hundreds across Turkey accused of affiliations with IS, the PKK and a leftist extremist group.

THE ASSOCIATED PRESS

YEMEN

Attacks shatter ceasefire

The Saudi-led coalition launched new airstrikes in at least two Yemeni provinces on Monday, piercing a humanitarian pause that started at midnight the previous day, security officials said.

The U.S.-backed coalition of mainly Gulf Arab countries has been waging an air campaign since March against the Iran-supported Shiite rebels, who control most of northern Yemen and the capital, Sanaa.

Two of Monday's airstrikes killed 15 fighters allied with the coalition in the province of Lahj, security officials and field commanders said. More than 40 fighters were wounded in the apparently accidental strikes.

The strikes happened near the strategic military base of al-Anad, which is held by the rebels known as Houthis, and which was also hit by coalition planes Monday. The coalition also struck north of the port city of Aden. The pause was intended to allow humanitarian aid to be delivered to civilians in the Arab world's poorest country.

THE ASSOCIATED PRESS

IN BRIEF

Fake plastic surgeon receives prison time

A German court has sentenced a man to more than four years in prison for posing as a plastic surgeon.

News agency dpa reports that the 31-year-old man had injected Botox and silicone into the cheeks, lips or forehead of more than 50 men and women.

The regional court in Regensburg found the defendant guilty Monday of grievous bodily harm and fraud. THE ASSOCIATED PRESS

Blocked valedictorian speech not discrimination

A U.S. school did not discriminate by blocking a graduation speech by a top student who wanted to disclose that he is gay, according to an outside attorney hired by the school to investigate the decision.

The decision by Twin Peaks Charter Academy in Colorado state raised the ire of gay rights activists.

Lawyer William Bethke concluded that the speech was blocked because the valedictorian didn't communicate with school administrators and his parents and used inappropriate humour in it, not because the student is gay.

THE ASSOCIATED PRESS

SOMALIA

Hotel truck bomb death toll rises to 15

The massive truck bomb that killed 15 people and wrecked Somalia's premier hotel has stunned the capital and raised fears Monday that the Islamic extremist al-Shabab rebels are escalating their violence.

“This is a very worrying situation,” senior police official Capt. Mohammed Hussein said as he stood outside the Hotel Jazeera near a dead body. “This happened despite all the security precautions in place.”

During a visit to neighbouring Ethiopia, U.S. President Barack Obama said Monday the bombing is a reminder “we have more work to do” in stemming terrorism in the region and that groups like al-Shabab offer nothing but destruction.

The scene at the site was grisly, with the front sheared off of the five-story luxury hotel that once housed diplomats, journalists and visiting heads of state.

Desperate relatives searched the bloodstained rubble with their bare hands looking for

survivors while to the side lay a large sack of body parts.

The bomb was made of a ton of explosives and destroyed dozens of nearby homes, said police.

“It's a criminal and cowardly act but that will not disrupt our struggle toward peace,” Somali Foreign Minister Abdisalam

Omer told The Associated Press by phone from Djibouti.

The toll from the attack included a Kenyan diplomat, a Chinese embassy guard and two journalists, Abdihakin Mohamed Omar, a producer for Somali Broadcasting Corporation and Mohamed Abdikarim Moallim Adam, a reporter for the London-based Universal television, who were driving near the hotel at the time of the attack.

Authorities say the toll could have been much higher since the truck exploded outside the hotel's blast walls, but bombs of such magnitude are a new phenomenon.

THE ASSOCIATED PRESS

“It's a criminal and cowardly act that will not disrupt our struggle toward peace.”

Abdisalam Omer,
foreign minister

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GREECE

Ex-minister had secret exit plan

The Greek government was poised Monday for the imminent start of intricate bailout discussions but faced rebuke following revelations that former finance minister, Yanis Varoufakis, formed a secret committee to plan for the possible conversion of euros into drachmas "at a drop of a hat."

While the final touches were being put in place for the start of technical talks in Athens, a recording of Varoufakis discussing a parallel currency plan was made public.

Opposition parties have criticized Varoufakis and have urged Prime Minister Alexis Tsipras to explain to lawmakers what he knew of his former finance minister's actions.

In the recording of a telephone briefing for investors on July 16 in the wake of his resig-

nation days earlier, Varoufakis claimed he and a childhood friend who was a computer expert hacked into his ministry's computer systems as a first step to creating "a parallel banking system" in case Greek banks were shuttered.

In theory, a parallel system formed from the effective cloning of tax accounts would have allowed the finance ministry to continue payments in the form of so-called IOUs.

Varoufakis said he had been authorized by Tsipras to undertake the planning prior to the general election in January when the radical left Syriza party swept to power. And he insisted that his actions were legal, in the public interest and aimed at keeping the country in the 19-country eurozone.

THE ASSOCIATED PRESS



Tim Hortons executives are reviewing Tims TV after Enbridge ads running on the in-store digital screens last month dragged the restaurant chain into a clash between environmentalists and oil-industry supporters. CHRIS YOUNG/THE CANADIAN PRESS

Tim Hortons reviews in-store TV screens

RESTAURANTS

Activists and oil industry clash over ad on Tims TV

Executives at Tim Hortons are reconsidering whether it's worth the risk of flavouring your coffee break with potential controversy.

After the restaurant chain was dragged into a clash between environmentalists and oil-industry supporters last month, Daniel Schwartz, CEO

of Tim Hortons' parent company Restaurant Brands, said Monday the company is reviewing its Tims TV in-store digital screens.

"We're now taking a look at the whole Tims TV program and what makes sense for the brand," said Schwartz in an interview.

"As with many things in the restaurant, we explore what's best from time to time."

The review comes after Tim Hortons was put in the hot seat for giving advertisement space to pipeline giant Enbridge on its in-store digital screens.

The commercials angered



We're now taking a look at the whole Tims TV program.

Daniel Schwartz

environmentalists who launched an online petition to get them pulled. When Tim Hortons yanked the Enbridge ads, some oil-sector supporters called it an insult to one of Canada's biggest industries and launched their own boycott.

The conflict showed the potential dangers of a brand as

recognizable as Tim Hortons selling ad space to companies that could rankle its customers.

The coffee-and-doughnut chain began experimenting with Tims TV last year before rolling out screens at restaurants across the country. The company described Tims TV as its own version of a community space, serving as a home for the latest news, weather, local events and branded videos.

But the thrust of the concept was to pocket revenue from what's essentially a billboard inside the restaurants.

THE CANADIAN PRESS

IN BRIEF

TransAlta manipulated market: Commission

TransAlta Corp. deliberately timed outages at power plants in Alberta at peak times in order to drive up electricity prices, the Alberta Utilities Commission said in a ruling Monday. The commission conducted hearings after the province's market surveillance administrator alleged it manipulated the market by shutting down coal-fired plants in late 2010 and early 2011 to drive up power costs.

THE CANADIAN PRESS

market minute



DOLLAR

76.66¢ (-0.06¢)



TSX

14,001.37 (-184.87)



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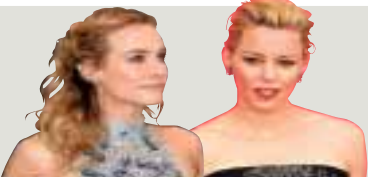


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Your essential daily news

Diane Kruger and Elizabeth Banks will sit on juries at Venice International Film Festival

Weaving her way up the charts

TOUR
L.A. songstress Ryn Weaver revels in life on the road

Caroline MacNeille
 For Metro

Ryn Weaver is spending the summer in a way most 22-year-olds only dream of — touring the country to play music from her debut album, *The Fool*.

After dropping out of NYU in 2013, Weaver moved back to California where she connected with Benny Blanco, a producer who has worked with such pop luminaries as Katy Perry, Kesha and Maroon 5 in the past.

After the success of the resulting EP, she hit the festival circuit, with stops at Coachella, SXSW and Bonnaroo. This summer, she's loving connecting with fans on her first solo tour.

Her first tour
 "It's been really freaking wild," Weaver says. "The first show I played was this sold-out show in a town where I have a lot of family and friends, and L.A. was sold out, too. I think when you're playing at festivals it's really fun,

but it's a lot about winning new fans and having people listen to your music because they wandered over."

Currently in the middle of a tour spanning the U.S. and Canada, Weaver says the connection she makes with fans at solo shows has been very meaningful.

"Every single person at these shows is there because they care about my lyrics and what I'm saying and they all know all the words and they relate. So it's a very comforting experience. It's been very fun for me."

Concept albums

Weaver, who was involved in theatre growing up, might have been inspired by her experiences there — she created the album to be listened to all in one sitting, like a play.

"I believe in concept albums,"



Every single person at these shows is there because they care about my lyrics and what I'm saying.

Ryn Weaver, singer, on connecting with fans during her first solo tour

she says. "There's something beautiful to be said about pop stars, and the breadth of catchy music that sometimes doesn't even go together but is such a good time anyway. As much as I love that and respect people who can achieve that, I think that I'm naturally a bit more of a storyteller."

That can mean spending a little more time with what she's working on.

"A lot of my favourite artists took their time to make different records. They would fall off the map a bit and come back. So a lot of the music I was listening to always felt like it was coming from a very specific world."

Music videos

To date, Weaver has put out two videos: one for her breakout hit *OctaHate* and one for her album's namesake, *The Fool*. Both are esthetic and evocative, featuring unusual, vivid settings (an old house, a gorgeous field) to immerse the viewer in her world. "I always have ideas (for videos) in my head as I write songs. I kind of see the theatre of it."

For these videos, Weaver found inspiration close by.

In *OctaHate*, that's my best friend Hayley, and we actually came together as friends because of the person the song was written about.

"To me, it represented way

more than us having a food fight at the table. It was about overcoming the journey of the mourning process. There's a final hug at the end. It's about how you wrestle with grief and mourning."

Starring roles

Although Weaver is achieving serious success as a musician, she once attended NYU as an acting student.

"Every single form of art is beneficial to another one. In acting, you get to study characters and you get to understand. It's an empathetic art form. It's almost anthropological. I love it."

Ultimately, she moved back to California to pursue music, finding that the West Coast suits her better.

"I love the East Coast, but a number of the (acting) methods break people down to bring them back up. I kind of believe in nurturing the natural side of you that has those qualities. Sometimes I think technique can crush creativity a bit."

SCAN THIS PHOTO WITH YOUR METRO NEWS APP TO SEE RYN WEAVER'S VIDEO FOR OCTAHATE



Ryn Weaver performs at the Bonnaroo Arts and Music Festival on June 11 in Manchester, Tenn. JASON MERRITT/GETTY IMAGES



See the news come alive!
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Summer

Black goes totally YouTubular

MICHAEL IAN BLACK

The State star stoked to play SMOSH villain



Ned Ehrbar
Metro | Life

The State and Wet Hot American Summer star Michael Ian Black gets in on the YouTube generation's fun with SMOSH: The Movie, playing eccentric billionaire villain Steve YouTube, who sends the SMOSH guys (Ian Hecox and Anthony Padilla) literally into the Internet to try to undo an embarrassing viral video. And Black, as it turns out, has a handy trick for playing that type of character.

How do you get into the head space of a character like Steve YouTube?

You just act a little bit like a dick, and that's easy for me. I'm just wired to be a little bit of a dick.

It works for you, I think.

Thanks (laughs). I've based an entire career on it.

What do you make of the whole YouTube thing?

Well, I certainly support the ability to create content and put it out there and have people watch it, and YouTube is the premium platform for that. So I guess I'm a big fan.

If you'd had this kind of platform when you were starting out with The State, how different do you think things would have been?

The ability to just create stuff and find an audience so easily probably would have changed everything ... But who knows what the result of that would've been, whether it would've been better or worse.

You could argue a lot of the popular YouTube stuff owes a lot to The State.

Unquestionably, nobody would be where they are were it not for me. I mean me singularly. Just me.

That's fair. Very humble.

I'm trying to keep it as modest as I possibly can.

You've got a lot of TV projects going right now. Why are you on everything?

Well, I'm on three. And it's a result of probably poor or maybe good timing and not any resurgence or renaissance in my career. I don't think. I think my career is still safely in the toilet. That's the hope.

Is that where you're looking to stay?

Well, it's comfortable.

SCAN THIS PHOTO WITH YOUR METRO NEWS APP TO SEE IMAGES FROM WET HOT AMERICAN SUMMER



Michael Ian Black, left, as Steve YouTube in SMOSH: The Movie. CONTRIBUTED



WET HOT AMERICAN SUMMER

Netflix turns the cult classic into a new series

A prequel to the 2001 sleeper hit, Wet Hot American Summer: First Day of Camp will make Netflix subscribers very happy campers starting July 31. The original cast is reunited for eight episodes of goofy hilarity centred on camp counsellor rivalries, summer trysts and the usual scatological gags. Fourteen years later, the once unknown cast have all become bankable stars. Bradley Cooper, Paul Rudd, Amy Poehler, Elizabeth Banks and Christopher Meloni, to name a few, reprise their original roles for the reunion, which takes them back to their first day at Camp Firewood. AFP

BROKEN PROMISE — AN EXCERPT IN FOUR PARTS BY LINWOOD BARCLAY



BILL TAYLOR

PART 2 OF 4

Something dark has infected Promise Falls

Bestselling thriller author Linwood Barclay returns this month with Broken Promise (Doubleday, July 28, \$22.95), the first book in an explosive new trilogy.

When we left David yesterday, he had gone to visit his cousin Marla, who has miscarried just 10 months earlier. David is disturbed when he finds Marla feeding a baby that she claims was brought to her by an angel.

Excerpted from Broken Promise by Linwood Barclay. Copyright © 2015 Linwood Barclay. Published by Doubleday Canada, a division of Penguin Random House Canada Limited, a Penguin Random House Company. Reproduced by arrangement with the Publisher. All rights reserved.

The dog made a beeline for the fence when she caught a whiff of it. Duckworth steeled himself. He'd seen a few dead people over the years.

The name of the caller came up on Promise Falls Detective Barry Duckworth's screen. "Oh, no," he said. "Randall Finley." The former mayor. "Yeah," Duckworth said. "Hey, where are you?" Finley asked. "You in your car? Swing by Clampett Park. South end. By the path. There's something here you should see." Barry Duckworth sighed. "Fine."

"I'll meet you at the park entrance. I got my dog with me. That's how I came across

it. I was taking her for a walk." "It?" "Just get over here." "Took you long enough," Finley said as Barry got out of his unmarked cruiser. "I don't work for you," he said. "Sure you do. I'm a taxpayer." Finley was dressed in a pair of comfort-fit jeans, running shoes, and a light jacket that he'd zipped up to his neck. "What did you find?" "It's this way. I could just let Bipsie off the lead and we

could follow her."

"No," Duckworth said. "Whatever you've found I don't want Bipsie messing with."

"Oh, yeah, of course," Finley said. "So, how ya been? You lost weight? You're looking good."

"What'd you find, Randy?" "You just have to see it, is all. Must have happened overnight, because I walk along here with Bipsie a couple times a day — early in the morning, and before I go to bed. The dog made a beeline for the fence when she caught a whiff of it."

Duckworth steeled himself. He'd seen a few dead people over the years, and figured he'd see plenty more before he retired.

Finley pointed. "There, on the fence. Pretty weird, huh? It's a goddamn massacre. You ever seen anything like this before?"

Duckworth said nothing, but the answer was no, he had not. Randall said, "If it had been just one body, or even two, sure, I wouldn't have called. But look how many there are. There's twenty-three of them."

Duckworth counted them himself. Randy was right. One short of two dozen.

Twenty-three dead squirrels. Eleven gray ones, twelve black. Each one with a length of white string, the kind used to secure parcels, knotted tightly around its neck, and hung from the horizontal metal pole that ran across the top of the fence.

"I got no love for them," Finley said. "Tree rats, I call them. But there's gotta be a law against that, right? Even though they're just squirrels?"

In tomorrow's excerpt: David tries to find out more about where Marla got the baby.

SERIES PREMIERE

I Am Cait recapped

After weeks of sneak peeks, I Am Cait finally premiered Sunday night on E! If you got caught up in watching Kanye drop his mic at the Pan Am closing ceremony, here are all the juicy scenes from Cait's first episode.

Caitlyn sees her Vanity Fair cover for the first time

In the first few moments in I Am Cait, Caitlyn sees the cover, the cameras capturing her immediate reaction. At the end of the episode, Caitlyn reveals that Khloe Kardashian had some issues with the cover, but you'll have to wait until episode two to find out why.

Kylie Jenner meets Caitlyn

Kylie's first time seeing her father living out a new identity wasn't in person; it was actually over FaceTime, which caught Caitlyn totally off guard. "I don't want to scare you," Caitlyn tells Kylie.

Caitlyn's mom gets honest

Caitlyn's mom and two sisters come to visit, the first time they are seeing each other since the transformation, and Caitlyn's mom doesn't hold back, including asking about a verse on the Bible condemning dressing up in another gender's clothes.

Kim lends fashion advice

Kanye West and a pregnant Kim Kardashian stop by and Kim heads straight to Caitlyn's closet. She doesn't hold back about what Caitlyn needs to ditch. Plus, she pulls out a dress that Kris Jenner also has. Talk about awkward!

Real trans issues addressed

More than anything, the show highlights Caitlyn's big heart. She truly cares about the trans community, especially teens and young adults who are struggling with self acceptance and acceptance from others. Caitlyn spends the afternoon with the family of a trans 14-year-old who committed suicide, and scenes for upcoming episodes feature her going to support groups and addressing important issues.

In the past, the Kardashian enterprise has been written off by many as frivolous, but the latest show to feature the family sparks dialogue that has the potential to change misconceptions and stereotypes.

EMILY LAURENCE/
METRO NEW YORK



Caitlyn Jenner
CONTRIBUTED

HEALTH & WELLNESS

Get geared up for cycling

It's just like riding a bike. Except if you are new to cycling, which might sound more daunting than it really is.

With the increasing amount of pathways available to users, more people are picking up cycling as a hobby and we have a few tips from the experts for those who are just getting started.

First of all, it's important to figure out if you want to be more of a weekend warrior on the mountains and hills or a commuter on the city's pathways and cycling networks, says Toronto Bike Network technical director Ken Miller.

"Because there are so many different types of bikes to choose from, it's important to figure out what type of bike riding you want to do and tailor your bike to



SHUTTERSTOCK

your needs," Miller says.

Mountain bikes, for example, are generally heavier with larger frames, bigger tires and

feature suspension systems, while road bikes are usually smaller, lighter and faster.

Regardless of the type of cycling you

choose, Miller recommends easing into it.

"I think the biggest mistake people make is they rush into it and try to do too much at once and not allow their bodies to get conditioned to biking."

Miller says it takes about a month for your body to get conditioned to the mechanics of biking and suggests starting out with five- to eight-kilometre bike rides the first week, easing into 12- to 15-kilometre rides the second week.

"After a month you'll really be able to tell if biking is for you or not."

Calgary's The Bike Shop associate Travis Ferguson says it's also important that cyclists get properly equipped with a helmet and a bike tuneup before any serious cycling.

"It's good just to make sure your bike is in working order and that you have the proper gear for the conditions," he says.

Ferguson also says there is a bike for everybody — people just have to figure out which one is right for them.

"It really depends on your needs and wants and what you want to get out of it," Ferguson says, adding there are many resources online and at most bike shops for first timers.

— Krista Sylvester



CONTRIBUTED

MASSAGE IS BOTH A SKILL AND AN ART

There are many reasons why people choose to pursue a career in massage therapy, including job security, flexible hours and adaptability.

Wellington College boasts 75 years of experience in osteopathic medicine as one of the oldest massage schools in Canada with its roots grounded in Britain's oldest massage therapy school, says admissions co-ordinator Tricia Neill.

"Wellington College offers an exceptional education in massage therapy," she says. "Its mission is to develop professional individ-

uals skilled in therapeutic massage and its supporting modalities. It has had a long and highly respected history of training in remedial massage therapy."

Massage therapy has many benefits, including relaxation and a sense of well-being, stress reduction, a decrease in muscle tension, improved circulation, and injury rehabilitation or pain management.

"When performed by a competent therapist, massage is both a skill and an art. To be considered capable, the therapist requires

considerable education, constant practice and extensive hands-on training."

That's why so many students are turning to massage therapy.

"About 95 per cent of our graduates find work right away because of our three-week practicum that occurs a month before graduation," Neill says.

Wellington College is accepting applications for the massage therapy program until Aug. 1. The full-time program starts Aug. 17. For more, please visit wellingtoncollege.com.

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SEMINAR WILL DELVE INTO PTSD

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There are many people who become exposed to traumatic events, either through witnessing others or experiencing them first-hand, and a proportion of those exposed will develop post-traumatic stress disorder (PTSD).

The symptoms can appear immediately or sometimes decades later, says Northwest Academy CEO Victor Popow, who adds those most at risk are typically people who belong to the military, medical personnel, police, firefighters, and first responders.

"PTSD is a widespread and pervasive problem in modern society, and it's something many people have not wanted to acknowledge or look at until recently," Popow says.

"The behaviour among members of these various organizations is typically, 'I'm tough and I can handle it,' especially among males. And you couple this with typical attitudes found in various workplace cultures that stigmatize mental health issues and this

sadly causes people to not talk about their difficulties to anyone, or worse, not seek treatment."

It's estimated by the Canadian Mental Health Association that one in 10 Canadians will suffer from PTSD. In the field of law enforcement specifically, studies indicate that as many as one-third of police officers will suffer from PTSD, with similar statistics for paramedics, EMS workers and firefighters.

That's why the Northwest Law Enforcement Academy, a recognized leader in law enforcement training, will be hosting a series of seminars on PTSD, outlining its signs and symptoms and providing self-help methods that can help people cope, along with providing participants with various treatment options.

Dr. Douglas Tataryn, a local Winnipeg registered psychologist, says PTSD only gets worse without treatment, while the success



Dr. Douglas Tataryn will be the facilitator of an introductory PTSD seminar evening, sponsored by Northwest Law Enforcement Academy, on Sept. 24. CONTRIBUTED

rate of modern treatment is more than 80 per cent.

Tataryn will be the facilitator of the introductory PTSD seminar evening, sponsored by Northwest Law Enforcement Academy. The event begins at 7 p.m. on Sept. 24 at the academy. The cost of the seminar is \$100 per

person and may be reimbursed as psychological services under any third party insurance provider.

For more information on upcoming seminars, please contact Northwest Law Enforcement Academy at 204-953-8300 or visit northwestlaw.ca.

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With the Massage Therapy College of Manitoba

The Massage Therapy College of Manitoba (MTCM) is the natural choice for a natural approach and is proud to be celebrating 20 years of producing exceptional massage therapists.

MTCM owner Garth Beddome says the college has two primary focuses.

"The first is to provide an exceptional learning experience for our students, and the second is to provide an affordable treatment centre for our community. As our mission statement expresses, through a challenging and progressive curriculum, we hope to advance the art, science and compassion of massage therapy."

Since 1994, MTCM has guided more than 650 graduates into the profession and treated thousands of clients in its student clinic.

"We live in an age where technological advancement has dramatically reduced our opportunities for human contact," Beddome says. "Bringing a compassionate, healing touch to a society that needs to be connected

in ways other than by electronics is a mission we want all our students, graduates and faculty to be proud of.

"Much like a well written play that takes its audience on a clearly connected story arc, the four semesters of our program seamlessly blend the need for scientific concepts with the necessity of practical, realistic, clinical experiences."

The college is known for its diverse and innovative curriculum, which is reinforced through student clinic and outreach programs.

"The benefit to the student is a chance to work with unique clients who actually live with the conditions they are learning about in class. There is no online experience that can recreate that learning outcome. From Olympic athletes and Winnipeg Blue Bomber players, to clients suffering from arthritis or Parkinson's, the direct hands-on learning that these clients provide is invaluable to our training method."

While words can be a powerful influence, Beddome feels that MTCM's best qualities can only be experienced first-hand. With this in mind, he invites guests to visit the college for a tour, and perhaps the start of a life-altering journey.

For more information, please visit massagetherapycollege.com.

A Career in Massage Therapy



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- From private practice to the beaches of the Cayman Islands, our alumnae are successfully employed in a diverse range of exciting and fulfilling environments.
- Creative course flow includes both full- and part-time options.
- Class sizes are small and maintain excellent teacher/student ratios.
- An affiliation with the Misericordia Health Centre provides students with cafeteria facilities, a pool, library and computer lab.
- A transfer credit affiliation with the University of Winnipeg allows MTCM students to pursue additional degrees after graduation.
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Erin de Rose before.

PROVIDING THE SCIENCE BEHIND WEIGHT LOSS

What actually works when it comes to losing weight and keeping it off long term?

This is the question every frustrated dieter continues to ask.

"Let's face it, pretty much anyone can lose weight one way or another, but it's the science behind the process that determines whether you have lasting results or not," says Erin de Rose, U Weight Loss clinic regional manager.

Successful weight loss has everything to do with the way our hormones respond to the food we eat, particularly insulin and cortisol.

When we eat in such a way that causes excess production of the insulin hormone, and live in such a way that creates excess production of cortisol, the stress hormone, our body immediately starts to store fat. This is simple science.

Research has shown that we are hard-wired through our DNA to assume that we are starving or facing famine if we skip meals or don't eat enough at mealtimes. As a result, our metabolism slows down to a crawl, sapping our body's natural ability to burn fat if

we create calorie deficits in the wrong way.

"At U Weight Loss, we teach clients how to combine their favourite foods in a way that naturally revs up their metabolism while keeping insulin levels at bay," says de Rose, a former U Weight Loss client who dropped almost 40 pounds in only 12 weeks and has successfully maintained her goal weight for more than two years. "This approach provides safe, natural, amazing results without the deprivation associated with old diets.

"What's even more inspiring than the fast results is the ability to actually keep the excess weight off permanently.

"Our team in Winnipeg are mostly former clients and we work hard to inspire our clients through education and role modelling. Most of our clients are not lacking discipline, but rather education. Eating less and exercising more is such an antiquated approach to losing weight and simply doesn't work."

If you are ready to learn how to drop those extra pounds and keep them off, call the U Weight Loss Clinic at 204-487-4274 (Kenaston clinic) or 204-253-7148 (St. Mary's clinic).



Erin de Rose after. CONTRIBUTED PHOTOS

U weight loss clinics™

U CHANGED OUR LIVES!

Peter is absolutely thrilled with the results. "There were so many recipes to choose that we were never bored with the food. In fact, after 18 weeks, we still didn't have a favourite because we keep cooking up delicious recipes week after week. It's fantastic. We can pretty much have everything we want... pasta, chicken, stir fries, barbecues, etc."

Irene agrees with her husband whole heartedly. "I had tried so many diets over the years and I've battled with my weight all my life until now. At the U Weight Loss Clinics, I have finally discovered a way of eating that I can enjoy and stick to and the pounds and inches just kept melting off.

2 yrs later, we have kept the weight off and are so grateful for the knowledge and support at U Weight Loss Clinic. Truly this simple program has been a BLESSING in our lives."

LET US HELP YOU TRANSFORM YOUR LIFE!

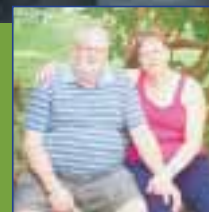
- Receive one-on-one weight loss coaching and motivation
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- No pre-packaged or frozen foods
- Combine foods to help burn body fat and balance hormones
- Feel more energized, increase your metabolism, burn body fat and build lean muscle
- Just under 7 lbs average weight loss in the first week!

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Cleveland coach Mike Pettine says QB Johnny Manziel is behind Josh McCown for the starting job

IN BRIEF

Cavs sign Dellavedova for next season

Matthew Dellavedova has hustled his way back to the Cavaliers.

Dellavedova, who emerged as an unlikely post-season hero when all-star guard Kyrie Irving was injured, signed a \$1.2-million contract for next season on Monday.

He had been a restricted free agent, and although the Cavs signed Mo Williams this summer to be Irving's primary backup, the team wanted to keep Dellavedova because of the energy he brings off the bench. THE ASSOCIATED PRESS

Warner given more time in fight to avoid extradition

A court is giving former FIFA vice-president Jack Warner more time to fight being extradited from Trinidad & Tobago to the United States to face corruption charges.

A chief magistrate on Monday set a new hearing date of Aug. 28 after a government lawyer requested more time to examine the extradition request from the U.S. Justice Department. The U.S. sent its request last week.

Warner is resisting extradition on U.S. charges of racketeering, wire fraud and money laundering in the FIFA corruption case. THE ASSOCIATED PRESS

Preds lock up Wilson with four-year contract

The Nashville Predators announced the signing of forward Colin Wilson to a four-year contract worth \$15.75 million on Monday.

The 25-year-old Wilson set career highs in goals (20) and points (42) and tied a personal best in assists (22) in 2014-15.

THE ASSOCIATED PRESS



Colin Wilson
GETTY IMAGES FILE



DIVING BENFEITO, FILION TAKE PLUNGE FOR SILVER Canadian divers Maeghan Benfeito, left, and Roseline Filion won the silver medal in the women's synchronized 10-metre platform at the FINA World Championships on Monday in Kazan, Russia. The result earned an Olympic spot for Canada in the event. Filion of Laval, Que., and Montreal's Benfeito won a gold medal together in the same event at the Pan Am Games. CHRISTOPHE SIMON/AFP/GETTY IMAGES

Toronto's path to hosting Olympics just got 'easier'

SUMMER GAMES

Boston no longer vying for 2024 event

Boston's withdrawal from the race to host the 2024 Summer Olympics could make a potential Toronto bid "far more attractive," particularly if no other American city steps up to the plate, experts said Monday.

"The Boston decision today certainly makes the landscape easier for a Canadian bid, a Toronto bid," said Bruce Kidd, an Olympics expert at the University of Toronto.

"With no U.S. bid, a Canadian bid has a much stronger argument," he said, noting that by 2024, it will have been almost three decades since the 1996 Atlanta Olympics, the last time the Summer Games were held in North America.

A spokesman for the U.S. Olympic Committee said Monday that the organization has severed ties with Boston, where the prospect of a bid for the '24 Summer Games was met with low public support and an active opposition group.

Scant time remains for the organization to find another potential host city — the deadline to register interest

with the International Olympic Committee is Sept. 15. But there is speculation Los Angeles could be in the running.

The absence of a U.S. candidate "would mean that there would only be one North American for the Games, and obviously that is a simpler situation," said John Furlong, who led the bid and the organizing committee for the Vancouver Winter Games.

"The lineup of cities in this particular round of bidding for the Summer Games is formidable but obviously it would make it a little bit easier," he said. "But Los Angeles and San Francisco would be very strong, I think, if they decided to get into it as well."

Paris, Rome, Budapest, Hungary, and Hamburg, Germany, have indicated they will apply.

+ FOCUS SHIFTS TO RIO

Feeling a summer-sport void now that the Pan American Games are over? It won't last long — the opening ceremonies for the 2016 Summer Olympics are just over 13 months away.

Canada's objective in Rio de Janeiro is a top-12 finish in total medals among the 200-plus participating countries.

For that to happen, Canada's divers, swimmers, row-

ers, wrestlers and paddlers need to come through, augmented by some track and field, cycling and trampoline medals.

"They're the bread and butter," Own The Podium chief executive officer Anne Merklinger said. "If we don't perform well in those sports in terms of multi-medal potential, then we're going to struggle to meet our targets."

The winning city will be chosen in 2017.

Talk of a third Toronto Olympic bid has followed the city's successful Pan Am Games, which wrapped up Sunday.

Toronto Mayor John Tory

said he wants to let the dust settle before making a decision, adding that officials will conduct a "careful analysis" to determine whether a bid is in the city's best interest.

THE CANADIAN PRESS

“This is a serious, rational decision that has to be made.”
Toronto Mayor John Tory

ACE PITCHERS TO WATCH

At the trade deadline

MLB

Top five starting pitchers, who could be on the move before Friday at 4 p.m. ET

COLE HAMELS

2015 stats: 6-7, 3.64 ERA, 9.6 K/9

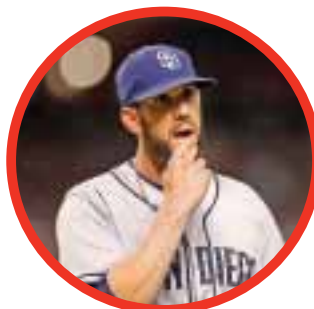
The Phillies' ace will almost certainly be dealt prior to Friday's deadline and should net the biggest return, given he is not a rental and remains under contract for three more seasons.



JEFF SAMARDZIJA

2015 stats: 7-5, 3.91 ERA, 6.9 K/9

The White Sox are another club whose hopes of contending have gone unfulfilled. The Shark, who has had a fantastic July, will be a free agent next year and will likely join a pennant race later this week.

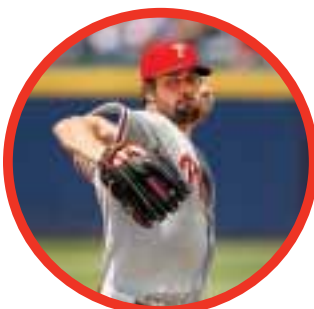


YOVANI GALLARDO

2015: 7-9, 3.19 ERA, 6.2 K/9

The Rangers are in an odd buy-and-sell mode in that they are expected to go after Hamels, while also dealing some of their expiring assets, like Gallardo, with whom they haven't been able to work out an extension.

TORSTAR NEWS SERVICE



DAVID PRICE

2015 stats: 9-3, 2.31 ERA, 8.6 K/9

He would be the best pitcher on the market — if he is actually on the market. The Tigers are built to win now, but they are two games under .500 and could become unexpected sellers. The free-agent-to-be is their best chip.



JAMES SHIELDS

2015 stats: 8-3, 3.77 ERA, 10.2 K/9

It was just this past off-season San Diego signed the 31-year-old right-hander to a four-year, \$75-million US contract, but given how disastrously their season has gone, word is they are already looking to sell and rebuild.



ALL PHOTOS GETTY IMAGES

Jays GM has to play hardball

MLB

Standing pat not an option as contract winds down

Alex Anthopoulos isn't likely to characterize it this way, but the next four days figure to be the most important of his career.

The Blue Jays' 38-year-old general manager is in the final year of his contract, while the man who hired him — team president Paul Beeston — is retiring at season's end. With a new boss on the horizon, it's tough to imagine Anthopoulos surviving another October on the outside looking in.

Meanwhile, his club is armed with the best offense in baseball, but held back by a mediocre pitching staff. With 62 games to go, they trail the first-place Yankees by 6.5 games and the second wild-card spot by three.

He is dealing with an anxious fan base, the longest post-season drought in professional sports and a restless core of players —



Jays GM Alex Anthopoulos
TORSTAR NEWS SERVICE FILE

some of whom publicly criticized his lack of action at last year's deadline.

Standing pat hardly seems an option this time around, but how much of the future is Anthopoulos willing to sacrifice to make a run in the present? We will find out sometime before Friday at 4 p.m.

As usual, the Jays have been linked to numerous teams and players, ranging from popular rentals, like Jeff Samardzija, to high-end closers, like Craig Kimbrel and Aroldis Chapman, and off-the-radar types, like Carlos Carrasco and Mike Fiers.

Anthopoulos's track record suggests he is reluctant to give up prospects and their multiple years of control for players on expiring contracts, like Samardzija. In fact, he has described the rental market as "the last aisle I want to shop in."

That made his reported interest in Milwaukee's Fiers and Cleveland's Carrasco somewhat interesting. Fiers has four more years of team control, while Carrasco has three. Both right-handers are high-strikeout pitchers whose peripheral numbers suggest they are better than their less-than-spectacular ERAs. But given those years of control, their price will be high.

TORSTAR NEWS SERVICE

+ RESUMÉ

Anthopoulos has drafted well and rebuilt an ailing farm system. Measured minds may view his legacy in that light, but chances are most will judge him on what he pulls off — or doesn't — in the next few days.



FUTBOL FRIENDLY CHASING RONALDO IN CHINA Real Madrid's Cristiano Ronaldo takes a shot on goal as Kondogbia Geoffrey of Inter Milan gives chase during Monday's friendly in Guangzhou, China. Real won 3-0 on goals from James Rodriguez, Raphael Varane and Jese. ZHONG ZHI/GETTY IMAGES

MLS

Montreal eagerly awaits Didier Drogba's Impact

Montreal Impact says it has signed former Chelsea striker Didier Drogba.

Impact confirmed the signing on Monday following a trade with Chicago Fire, which had initially completed a move for the 37-year-old forward. Drogba joins the MLS club following his second spell at Chelsea where he won the league title last season.

"We are very excited and thrilled to add to our roster a player with an exceptional career," said Adam Braz, the Impact's technical director.

Drogba won four English league titles in total and scored the winning penalty kick as Chelsea won its first ever Champions League crown in 2012.

THE ASSOCIATED PRESS



Didier Drogba
GETTY IMAGES

RECIPE Grilled Chicken with Peach and Bell Pepper Salsa



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



Ripe peaches are a delicacy this time of year. You can also use nectarines or plums.

Serves 4

Ready in

Prep time: 10 minutes

Cook time: 12 minutes

Ingredients

- 1 1/2 lb boneless chicken breasts
- 1 cup finely diced peeled ripe peaches
- 1/3 cup finely diced red bell pepper
- 1/4 cup finely diced red onion
- 2 Tbsp orange juice
- 2 tsp olive oil
- 1 tsp honey (or to taste)
- 2 Tbsp chopped cilantro

Directions

1. If you have time, marinate the chicken breasts for at least one hour.

2. Grill the chicken on medium heat, just until cooked or temperature reaches 165 F, approximately eight to 12 minutes.

3. In a bowl, combine remaining ingredients except for cilantro. Add to skillet and cook for one minute or just until warm. Add cilantro and spoon over chicken.

Nutrition per serving

- Calories 262
- Protein 39.4 g
- Carbohydrates 13 g
- Fibre 0.6 g
- Total fat 4.7 g
- Saturated fat 0.6 g
- Cholesterol 99 mg
- Sodium 211 mg

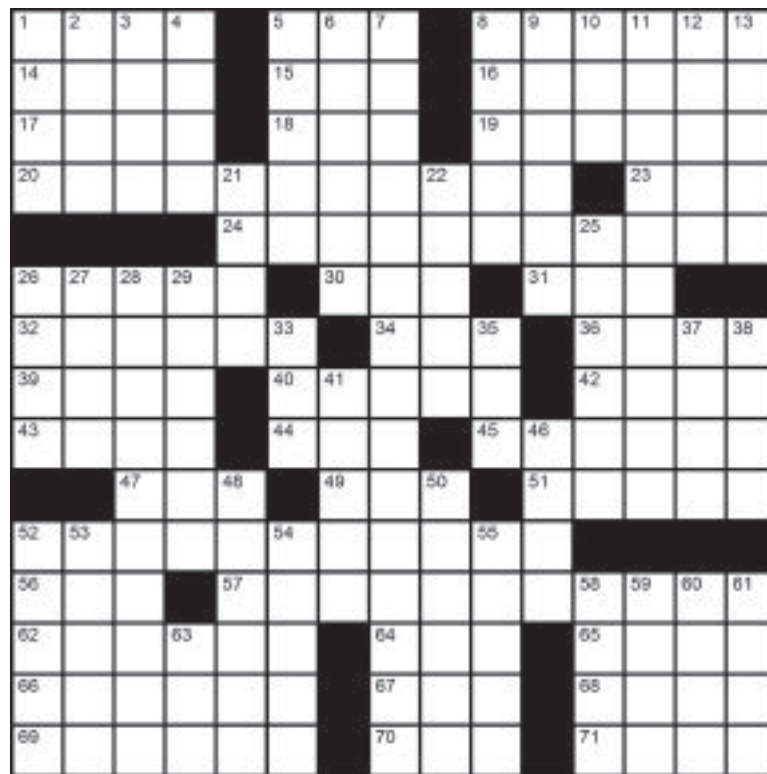
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Pickle holders
5. Wee washroom
8. Was an appreciative restaurant customer
14. Double-reed woodwind
15. Earlier, poetically
16. Southern Manitoba town
17. Criticize
18. Tread the boards
19. Chef, when making everything on the dish look nice before the waiter takes it, say
20. Northern and Southern on the globe
23. Ms. Adams
24. Fly extinct reptile fly!
26. Paul McCartney's nickname
30. Chest bone
31. "___hoo!"
32. Roman Myth: Dawn goddess
34. Modern
36. Glasgow's country [abbr.]
39. Eminem song
40. Successful song
42. Bible pronoun
43. Goblins
44. That lady
45. Laundry challenges
47. Greyhound vehicle
49. Group of Seven painter Mr. Jackson, et al.
51. Talk show legend
- Ms. Winfrey's biblical



name as it appeared on her birth certificate

52. Hollowed-bear-bone healing aid used by shamans of the Tsimshian people in British Columbia: 2 wds.

56. NFL teams division, e.g.

57. Shakespearean comedy: 4 wds.

62. Alarm clock responders

64. Way to travel [abbr.]

65. King Atahualpa, for one

56. Pot holder

67. Certain canine

68. Arf!

69. Groups of eight

70. Operative

71. "Say it ___ so!"

DOWN

1. Mr. Brolin
2. Fit to partake
3. Rove
4. ___-sweet choc-

olate

5. Jumped

6. Robin Hood, for one

7. Former military branch... RCAVC = Royal Canadian Army ___

8. Recorded

9. "My sentiments

exactly": 2 wds.

10. Harper Valley gr.

11. One-of-some in a bag of Canadian snack brand Miss Vickie's: 2 wds.

12. Foe

13. Ms. Hannah

21. Box

22. Court garbs

25. Movie's billing sharer

26. Long-running military comedy

27. Highway honker

28. K-os hit, Juno-winner for Single of the Year in 2005

29. Sort of diplomat

33. Cigar residue

35. Canadian actress Sandra's

37. Charlie Chaplin's last wife

38. 1975 ZZ Top song

41. Like a craved-for acting role

46. Ms. Spelling

48. Frightened

50. Black Eyed Peas hit: 2 wds.

52. ___ it (Carried out a task)

53. Joan's two-worded following

54. Li'l helpers

55. Lyrical lament

58. Fuzzy fruit

59. Rock producer Brian's

60. Desktop graphic

61. William H. ___ (27th US President)

63. Sister of Zsa Zsa

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you enjoy being the boss then you'll get every opportunity to show off your leadership skills. But remember that being the boss is about more than just giving orders.

Taurus April 21 - May 21
The one thing you most want to avoid is the thing you must face up to today. Something that has been causing you a great deal of worry can now be dealt with but it will take a lot of courage on your part.

Gemini May 22 - June 21
Friends will go out of their way to help so don't just sit there like everything is fine. No matter how independent-minded you are, you still need a helping hand now and again.

Cancer June 22 - July 23
If you need to persuade someone to give you something you will no doubt be successful today. But they will give even more if you wait until Friday's full moon.

Leo July 24 - Aug. 23
So many things are going right now that you are beginning to believe a breakthrough is possible. It is. Keep dreaming about a brighter future. It won't be a dream for long.

Virgo Aug. 24 - Sept. 23
You may find it difficult to make up your mind today. Your problem is that you are worrying about things that will probably never happen. Lighten up a bit - life is supposed to be enjoyed.

Libra Sept. 24 - Oct. 23
Not only are you in tune with the spirit of the times but you believe you have found your special place and role in the world. It's good to feel you are doing something worthwhile. It's good to make a difference.

Scorpio Oct. 24 - Nov. 22
You need to find the courage to make a difficult decision. Keep reminding yourself that change is not something to be avoided.

Sagittarius Nov. 23 - Dec. 21
Approach the day in a positive frame of mind and you'll accomplish a lot. Approach the day with negativity and you'll accomplish the same amount but you won't get much joy from it.

Capricorn Dec. 22 - Jan. 20
If your instincts tell you you're on the right track then you must trust them. Let them guide you and the next few days will be a lot of fun.

Aquarius Jan. 21 - Feb. 19
Certain people may not deserve your support but you will give it anyway. Later in the week, when the moon is full in your sign, it is you who will need assistance. Think of good deeds as an investment.

Pisces Feb. 20 - March 20
You must spend some time planning what you are going to do. It will enable you to get twice as much done as you would have had you rushed in and hoped for the best.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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